



Crownless Pineapples
Product of Costa Rica

SUPER DEAL!

\$1.99
/ea

Mini Cucumbers
Product of Canada

\$1.99
/6 Pack

Australian Mandarins
Product of Australia

\$2.49
/lb

Celery
Product of USA

\$1.99
/ea

Blackberries
Product of Mexico

\$1.99
/170g

Avocados
Product of Mexico

89¢
/ea

Pomegranates
Product of Egypt

2/\$5

Green Peppers
Product of USA

\$1.79
/lb

Campari Tomatoes
Product of Mexico

99¢
/454g

Nappa
Product of Canada

69¢
/lb

10 lb Boiler Onions
Product of Canada

\$2.99
/ea

WHAT'S FOR DINNER?



Parmesan Broiled Tilapia

Ingredients

- 4 tilapia fillets (defrosted if frozen)
- ¼ cup parmesan cheese, *grated*
- 2 tbsp butter
- 1 ½ tbsp mayonnaise or dressing
- 1 tbsp fresh lemon juice
- 1 tsp fresh dill
- Season with salt and pepper

Instructions

Turn broiler onto high and adjust oven rack to the top. In a small bowl, combine all ingredients except the tilapia. Set aside. Place tilapia fillets on a foil-lined pan. Broil for 3 minutes. Remove from the oven, flip over and divide the parmesan mixture over the uncooked sides of the tilapia. Return to the oven and broil for an additional 3–4 minutes making sure not to over cook the fish.

Enjoy the recipe online!



Fresher than Fresh

DELI

Our skilled staff carefully prepares a selection of meats, cheeses, and gourmet items, ensuring every option meets the highest standards. We provide a variety that's fresh, flavourful, and ready to enjoy.



BUTCHER

Pepper Steaks



Fresh Medium Ground Beef



Boneless Skinless Chicken Breasts

SEAFOOD

Fresh Whole Rainbow Trout



Fresh Tilapia Fillets

Wild Caught Argentinean EZ-Peel Shrimp



DELI



Gustav Le Paulin Cheese

\$2.79

/100g



Oka Cheese Assorted Varieties

\$2.99

/100g



Lester's All Beef Salami

\$2.19

/100g

GROCERY



Goldfish Crackers Assorted Varieties

\$2.99

/180-227g



Dempster's Bagels Assorted Varieties

\$3.69

/6 pack



Khaas Halal or Dahi Yogurt Assorted Varieties

\$3.49

/750g



SPECIALS IN EFFECT NOV 12 – NOV 18, 2025

We reserve the right to limit quantities. Products not exactly as shown. While quantities last.

BANK ST. LOCATION: 2446 Bank & Hunt Club | 613.521.9653
MON TO FRI: 8AM – 8PM SAT: 8AM – 7PM SUN: 8AM – 6PM

CARLING LOCATION: 1855 Carling @ Maitland | 613.722.6106
MON TO SAT: 8AM – 7PM SUN: 8AM – 6PM